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YOUR CHILD'S HEALTH

Presented by the medical professionals at Midcoast Pediatrics

BREASTFEEDING STILL BEST

Doctors agree that, in most circumstances, breastfeeding is still the best choice for feeding babies. Breast milk has antibodies that protect baby from germs and infection. Infants who are breastfed suffer fewer instances of many common childhood illnesses and are also less prone to develop childhood cancers. Nursing moms enjoy a special bonding experience with their baby and also lower their risk for certain cancers. Breast feeding is normal and healthy, but even so, there are some mothers who should not breast feed. A mother who has HIV or tuberculosis should not nurse because she can pass on the illness to baby. Mothers who do drugs or drink alcohol put their children at high risk and should not breast feed.

Not only does breast milk provide all the sugar, protein, fat and vitamins a baby needs to be healthy, it also has special benefits that a formula cannot provide. For personalized pediatric care for your family, call MIDCOAST PEDIATRICS at 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are welcome.

P.S. Any amount of breastfeeding is healthy. Shoot for six months of breastfeeding, but don't get discouraged if this doesn't work for you.

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